



Nevada Early Intervention Winter Family Newsletter

January - February 2018 Volume 8 No 1

**Message from Part C's State Family Resource Coordinator,
Information & Referral... Happy New Year!!!**

Dear Parents (Caregivers),

Nevada's Early Intervention Services Interagency Coordinating Council (ICC) was set up to advise and assist Nevada in the development and implementation of a statewide system of early intervention services for young children with developmental delays or disabilities and their families.

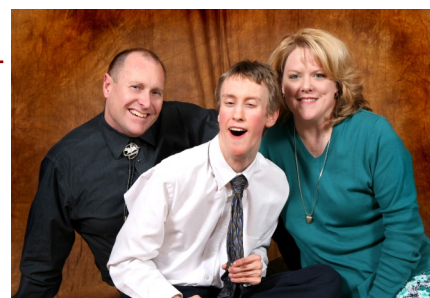
Nevada's ICC has a Family Support Resource Subcommittee. This committee supports ICC activities and helps ensure that the ICC responds to issues important to families, helps strengthen and broaden family involvement at all policy and service levels, helps increase communications, provides

public awareness support, and identifies and supports efforts to improve early intervention services and programs. It is open to all who are interested.

The Early Intervention Family Newsletter provides opportunities for families to share by submitting articles, sharing their story, or including their child in a Family Spotlight, with a photo. (All items are subject to review and/or editing)

If you have questions, contact us at: ProjectAssist@dhhs.nv.gov or 1-800-522-0066

Sincerely,
Dan Dinnell



Dan, Eric, and Cheryl

NEVADA's EARLY INTERVENTION SERVICES

IDEA Part C Office

4126 Technology Way, Suite 100

Carson City, NV 89706

Office: (775) 687-0544

Project ASSIST

1-800-522-0066

ProjectAssist@dhhs.nv.gov

To receive the newsletter electronically and to make sure you don't miss out on useful information, contact us!

"Been there and done that!" — Page 2

An invitation to attend...

NEVADA'S EARLY INTERVENTION INTERAGENCY COORDINATING COUNCIL (ICC)

Nevada's **ICC** was set up to advise and assist Nevada in the development and implementation of a statewide system of early intervention services for young children with developmental delays or disabilities and their families. It is especially important to hear from families and we encourage you to participate. Tentative dates for the next few meetings:

Thursday—January 18, 2018, at 9:00 a.m.

Thursday—April 19, 2018, at 9:00 a.m. (Face-to-Face only, in Las Vegas)

Where: usually via video conference in Elko, Las Vegas and Reno.

Always check the meeting agendas for changes—posted at:

<http://dhhs.nv.gov/Programs/IDEA/ICC/Meetings/>

If you would like more information, please contact ProjectAssist@dhhs.nv.gov or call Project ASSIST at 1-800-522-0066.

The ICC bylaws and membership can be viewed at

<http://dhhs.nv.gov/Programs/IDEA/ICC/Home/>
under "Who is on the ICC?", click on
Current Membership.

Center for Parent Information & Resources (CPIR) — **Rare Disorders Fact Sheet**

"Roughly 7,000 rare diseases/disorders have been identified as affecting the human race." CPIR has released its updated **Disability Fact Sheet** (June 2017) to assist families dealing with rare genetic and other disorders to address the challenges in finding effective treatments and medicine.

<http://www.parentcenterhub.org/raredisorders/>

Been there, done that!

"We are proud parents of five children. Our only son was born in 1999 with Down Syndrome. This experience has opened the door for many opportunities to learn and to help others with disabilities." — a Nevada parent & Past ICC Parent Representative

Dear Parents/Families,

Through participation and involvement, you can become an advocate for your child's needs as they grow up and become a part of the community. Years ago I was taught that there was a "bigger picture" out there and that as a parent of a child who received early intervention services I had real power in my voice and actions.

There are many ways that you and your family can get involved with Early Intervention Services beyond the services and support activities specifically designed for you. There are councils, commissions, committees, and subcommittees where you can: 1) Provide valuable input from a parent's perspective, 2) Assist in the development of program policies, and 3) Help shape and create a better system for children receiving Early Intervention Services!

Your early intervention program may have a family support group or work with an organization that does. This is a wonderful way to "give back" to the program.

When you are involved, you gain experience in communication as well as leadership and it helps you to get useful information and answers to questions you may have.

"Parents who have lived the experience of parenting a child with... health needs and have learned the hard way how to access services are a largely untapped high value/low cost resource... the overhead on their incredible experience and the trust they can engender among other families is likely to be modest compared to the high costs of traditional services". — Adapted from Peer Parents: A Solution to Extend Child Mental Health Services, Posted March 17, 2011, by Kimberly E. Hoagwood, Ph.D, Professor of Clinical Psychology in Psychiatry, Columbia University and Kelly J. Kelleher, MD, MPH, Director, Center for Innovation in Pediatric Practice, Research Institute, Nationwide Children's Hospital.

By actively participating and interacting with others, you can choose to make a difference in the lives of many young children with special needs and their families. One voice can make a dramatic difference!

If you would like more information please contact us at ProjectAssist@dhhs.nv.gov or 1-800-522-0066

Sincerely,
Dan Dinnell

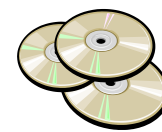
For families with over 6 months of service, this Spring you will be receiving the annual family survey. Please take the time to fill it out and turn it in. We want the best information possible about the ways in which early intervention services may or may not have helped your family. The results of this survey will help guide efforts to improve services and outcomes for children and families across Nevada receiving early intervention services.

If you have questions call us at Project Assist 1-800-522-0066 or email ProjectAssist@dhhs.nv.gov



— For Families & Professionals —

EARLY CHILDHOOD SPECIAL EDUCATION LIBRARY
There are a great many things to learn... check them out!!!



One of the resources available to **families, service providers, students, and teachers** working with young children with disabilities or special health care needs is the resource library. This large collection of books and videos is a tremendous source of information for parents and professionals in the care and education of a child with a disability.

Understanding Your Special Needs Grandchild, Grandparents of children with special needs, unlike parents and teachers, don't always have the facts they need to understand their grandchild. This special resource offers grandparents the information they need to realize the valuable role they play in the lives of their grandchild, giving advice on how they can offer support to better their grandchild's self-esteem and quality of life in school, at home, and with others.

Views from our Shoes: Growing up with a Brother or Sister with Special Needs, 45 brief essays by children and young adults who have a sibling with special needs. The writings are arranged in chronological order, from that of a 4 year old to an 18 year old. As such, they vary in quality as well as in insights into family relationships.

Brothers, Sisters, and Special Needs, Information and activities for helping young siblings of children with chronic illnesses and developmental disabilities.

With hundreds of books and DVDs available for use statewide, contact your service provider. If you have questions or recommendations for the Library, send an email to ProjectAssist@dhhs.nv.gov

Catalog at: <http://dhhs.nv.gov/Programs/IDEA/ProjectASSIST/Special-Ed-Library/>

The **Too Small to Fail Initiative** has developed resources on the social-emotional development of young children that can be shared with parents and caregivers. Resources include (a) a series of videos showing how child behavior is driven by emotion, and (b) tip sheets for parents about supporting their child's social-emotional well-being and understanding and managing their child's behavior. The videos and tip sheets are also available in Spanish. <http://toosmall.org/>

Tip Sheets and Videos for Parents on Supporting Their Child's Social-Emotional Development—When you talk, read, and sing with your child in sensitive, loving, and responsive ways, you build their brain and help them develop the social-emotional skills they need to succeed in school and life. Check out our new resources with tips for understanding and managing your child's behavior, and taking care of yourself during the challenging moments, too. <http://talkingisteaching.org/big-feelings>

The Child Trends News Service (CTNS) [<https://www.childtrends.org/>] was created to report on new research about child development, and broaden the public's access to information that can inform their parenting decisions. CTNS features this new research and research-based parenting practices in video news reports, some of which are also produced in Spanish. FREE Subscription to **Child Trends**.

<https://www.childtrends.org/about-us/newsroom-page/>

Talk With Me Baby Training Module

This eight-session course, which includes multimedia content from the Center on the Developing Child, is designed to empower and support families so that they can engage in meaningful conversations with their young children and advance their language and lifelong learning.

<https://developingchild.harvard.edu/resources/training-module-talk-baby/>

Center on the Developing Child at Harvard University—**5 Steps for Brain-Building "Serve and Return"**, By taking small moments during the day to do serve and return, to strengthen positive interactions between caregivers and children, you build up the foundation for children's lifelong learning, behavior, and health—and their skills for facing life's challenges. And it takes two to play! Follow these 5 steps to practice serve and return with your child. The 5 easy steps are available online or as a PDF that can be printed and shared with parents and caregivers.

<http://developingchild.harvard.edu/resources/5-steps-for-brain-building-serve-and-return/>

APPS FOR CHILDREN WITH SPECIAL NEEDS

Apps for children with special needs (<http://a4cwsn.com/>) is one of the most comprehensive lists of Quality Apps available today to help children with special needs. We have compiled a list of 1000 Apps used by Teachers, Therapists and Parents. This list is a result of endless hours of collaboration by professionals from all over the world. The Apps are considered to be among the very best apps to help children and adults with special needs as well as teachers and therapists. Some apps cost and some are FREE!

<http://a4cwsn.com/recent-videos/fb-community-favorite-apps/free-educational-apps/>

Exploring Assistive Technology (AT)

Assistive technology (AT) can be an incredibly powerful tool for young children with disabilities. As you begin or continue to explore AT options, you will likely have many questions. They may include:

- What is assistive technology?
- What does AT look like for an infant, toddler, or preschooler?
- How will using AT affect my child or student?
- How do I find or try AT for my child or student?

The **TIKES (TECHNOLOGY TO IMPROVE KIDS' EDUCATIONAL SUCCESS)** Project aims to provide guidance to these and many other questions. Through the TIKES Project, we are working to provide direction and support to families and professionals as they explore and implement assistive technology. We know that being able to try AT helps parents and educators make wise purchasing decisions and write appropriate technology into an Individual Family Service Plan (IFSP) or Individualized Education Program (IEP). You will find handouts that provide guidance for many frequently asked questions as families and professionals explore AT for young children.

<http://www.pacer.org/stc/tikes/exploring-at.asp>

Center for Parent Information and Resources (CPIR)

The website offers numerous resources related to assistive technology. It also has links to checklists you can use when considering assistive technology.

<http://www.parentcenterhub.org/?s=assistive+technology>

Center on Technology and Disability

Assistive and instructional technology (AT/IT) allows children across the ability spectrum to participate fully at home, in school, and in the community. The Center on Technology and Disability provides a wealth of free resources – personal and professional development (PPD) webinars, articles, guides, training materials and more. <https://www.ctdoinstitute.org/>

The Early Childhood Technical Assistance (ECTA) Center—*Family-Centered Principles and Practices*

Family-Centered Principles are a set of interconnected beliefs and attitudes that shape directions of program philosophy and behavior of personnel as they organize and deliver services to children and families. Core to family-centered services is sensitivity and respect for the culture and values of individual family members and each family's ecology, as members define the people, activities and beliefs important to them. This page, <http://ectacenter.org/topics/families/famctrprin.asp>, presents an overview of family-centered principles and practices. It also contains links to resources that illustrate family-centered practice.

These ECTA Center **Practice Guides for Families** are intended for families to increase their understanding and explain the importance of recommended practices. The Practice Guides are formatted for print as well as for viewing on mobile devices.

<http://ectacenter.org/decrp/type-pgfamily.asp>

"Families at the Center of Early Childhood Intervention"

Chances are you will be working with professionals who say they are family-centered or use family-centered practices. When this is the case, you and your family should expect to be treated in certain ways and be actively involved in decision-making and actions to achieve family-identified outcomes and goals. This practice guide includes things that are helpful to know about family-centered practices.

http://ectacenter.org/~pdfs/decrp/PG_Fam_FamiliesattheCenter_family_print_2017.pdf

Nevada Parent Advocacy Initiative: By Parents, for Parents—It's all the insider information about Nevada's Early Intervention Services System in one common place. This project consists of a parent **Facebook** (www.nvparents.com/fb) support page for families with children in Early Intervention Services, information to give parents the basic knowledge they need to access and utilize services effectively, and a website that shares with everyone. **Early Intervention Parents Nevada** is a place for all parents of children with disabilities to connect. Please post your personal stories, questions about your child's development and/or disability, questions about Early Intervention programs, great parenting articles you've come across, community resources and events at

www.nvparents.com

Early Signs of Autism Spectrum Disorders Video Tutorial | *Also available in Spanish!* To improve recognition of the early signs of ASD among pediatricians, parents, and early intervention providers, the Kennedy Krieger Institute has developed this free 9-minute video tutorial on ASD behavioral signs in one-year-olds. The tutorial includes six video clips comparing toddlers who show no signs of ASD to toddlers who show early signs of ASD. Each video is presented with a voice-over explaining whether the specific behaviors exhibited by the child are signs of ASD or not.

<https://www.kennedykrieger.org/patient-care/patient-care-centers/center-autism-and-related-disorders/outreach-training/early-signs-of-autism-video-tutorial>

In a **new report**, the American Academy of Pediatrics (AAP) reminds parents that children, when cognitively able, should be involved in decisions about their own care. It's not just for the big decisions either. Smaller decisions can have a big impact over time and can help in their understanding of their condition and treatments, reduce fear, and enhance self-confidence.

Here are 9 shared decision-making tips for parents of children with disabilities.

<https://www.healthychildren.org/English/health-issues/conditions/developmental-disabilities/Pages/Involving-Your-Child-in-the-Decision-Making-Process.aspx>

U.S. Department of Education Tip Sheet: ***Milestones: Understanding Your Child's Social and Emotional Development - Birth to Age 5***

Children are born with the need and desire to connect with those around them. When parents and caregivers establish positive relationships with children from birth through the early years, children feel safe and secure, laying the foundation for healthy social and emotional development – nurturing children's ability to develop healthy relationships, manage challenges and realize their full potential.

<https://www2.ed.gov/about/inits/ed/earlylearning/talk-read-sing/feelings-milestones.pdf>

U.S. Department of Education Tip Sheet: ***Fostering Healthy Social and Emotional Development in Young Children - Tips for Families***

This tip sheet for families is organized by age (Infants, Toddlers, Preschoolers) and is intended to help parents and families support their children's social and emotional development. These tips are based on what has been learned from research focused on social and emotional development.

<https://www2.ed.gov/about/inits/ed/earlylearning/talk-read-sing/feelings-families.pdf>

Grandparents & Extended Family

Grandparents can enjoy a special relationship with their grandchildren. They are often willing to read the same story over and over, play a silly game, or say "who's there" to a knock-knock joke more times than they can count. These resources, funded by MetLife Foundation, were developed to support grandparents in whatever role they play in the lives of young grandchildren.

<https://www.zerotothree.org/parenting/grandparents-extended-family>

The Early Intervention Family Newsletter has opportunities to suggest and share... You are invited to submit articles, share your story, or include your child in a Family Spotlight, with a photo. (Subject to review & editing.)

EI program information > http://dhhs.nv.gov/Programs/IDEA/Early_Intervention_Programs/

NORTHEASTERN NEVADA EARLY INTERVENTION SERVICES

* contact your Developmental Specialist/Service Coordinator for more information

⇒ **Nevada Early Intervention Services—Elko:**

NORTHWESTERN NEVADA EARLY INTERVENTION SERVICES

* contact your Developmental Specialist/Service Coordinator for more information

⇒ **Advanced Pediatric Therapies—Reno:**

- **Community Play groups** every 2nd & 4th Friday, of each month. Lots of fun games and activities for the kids. For more information: 775-825-4744.

⇒ **Easterseals Nevada—Reno:**

- **Please join us at our next Discover Your Way** at the Terry Lee Wells Nevada Discovery Museum. The Discover Your Way program is specifically designed to meet the needs of children on the Autism Spectrum and with sensory and/or perception disorders. Admission is free for members, and remains the same for each Discover Your Way event at \$10 per child (1-17) or senior (65+), and \$12 per adult (18+).

⇒ **Nevada Early Intervention Services—Carson City:**

⇒ **Nevada Early Intervention Services—Reno:**

- **Family TIES** provides family support in filling out **Medicaid/SSI and other Social Services applications** every 2nd Monday from 10am-12noon at NEIS, by RSVP only! Call to RSVP: 775-823-9500
- **Friends of Special Children** - This non-profit has supported families at NEIS in so many ways both financially and physically. If you are interested, contact Gretchen Canepa at 688-0303 or GCanepa@adsd.nv.gov.
- **NEVADA Hands and Voices** meets at NEIS, usually the 3rd Thursday of every other month on the "odd" months, at 6:00 pm. Contact: 775-351-1959, or email: info@nvhandsandvoices.org

⇒ **Therapy Management Group (TMG)—Reno:**

- **Inclusive Developmental Play Group** at Early Head Start. Call Melissa McGovern at: 775-525-4072.

⇒ **The Continuum—Reno:**

- **Carousel Kids** is an inclusive childcare program. We also offer an intergenerational experience with elders from our onsite adult day program. For more information or to schedule a tour, phone: 775-829-4700.
- **Literacy Land**—FREE! Gently used books for children birth-5 years. Or donate to our lending library. Meet, mingle, borrow, share, read, enjoy with your friends at the Continuum! Also, look for our collection bins around town! For further information, please call the Continuum's Early Intervention department at (775) 221-8054 or email at info@continuumreno.com. Visit us at continuumreno.com

SOUTHERN NEVADA EARLY INTERVENTION SERVICES

* contact your Developmental Specialist/Service Coordinator for more information

⇒ **Easterseals Nevada—Las Vegas:**

- **Playgroups** on Fridays. Come Join the Fun! Call Jessica Hartley at: 702-329-0345

⇒ **ISS Baby Steps—Las Vegas:**

- **Inspired Discoveries Playgroup** welcomes children 0-3 years old in an inclusive setting. Please join in our fun adventure! Call: 702-586-3100

⇒ **Kideology—Las Vegas:**

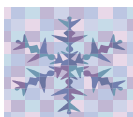
⇒ **Nevada Early Intervention Services—Las Vegas:**

- **Nye County Social Services Fair** on Wed, Jan 17 from 10 am to 2 pm, Pahrump Nugget Convention Center, 681 S. Hwy 160. Free community event with information on services and programs. For more information (775) 751-7095.
- **Yoga & Literacy Group** at Family to Family Connection, Cambridge Community Center: This biweekly class combines exercise and early literacy for young children. Interested families may contact their Developmental Specialist.
- **Explore & Learn Developmental Playgroups in Las Vegas, North Las Vegas and Henderson**—Weekly, inclusive community playgroups include engaging, age-appropriate peer activities for families of infants and toddlers with diverse abilities to support child development. Interested NEIS families may contact their Developmental Specialist.
- **Sign Language class at University Medical Center (UMC)**—NEIS staff provide this bi-weekly parent education class on communication skills using sign language to promote understanding between toddlers and their families. All members of the family are welcome to attend. Interested NEIS families may contact their Developmental Specialist.

⇒ **Positively Kids—Las Vegas:**

⇒ **Therapy Management Group (TMG)—Las Vegas:**

- **Milagros Escondidos** family support group, last Thursday of the month, starts at 6:30pm, at East Las Vegas Community Center located at 250 N. Eastern Ave.
- **Inclusive Developmental Playgroups**. Thursdays at Family to Family & UNLV Preschool. Contact Robbi Lucero at: 702-335-1666 or rlucero@tmgnv.com



Nevada's Central Directory website, filled with information and resources, includes a "Links" page with all kinds of useful local, state, and national websites.

<http://dhhs.nv.gov/Programs/IDEA/ProjectASSIST>

